

Rucksack Packing and Fitting Tips

Have another soldier hold your pack up as you tighten the front shoulder straps.

If equipped with a chest strap, use it to take the weight off of your shoulders.

Wear your rucksack waist-strap so it distributes weight to your hips.

Pack heavy and mission-essential items as high as possible in your rucksack.

Tighten two vertical straps on the back of your pack to bring the load higher on the frame.

Stow lightweight and noncritical items lower in your pack.

PACK for PERFORMANCE



Prepared by the USACHPPM Ergonomics Program.
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Endorsed by the DoD Ergonomics Working Group.

<http://chppm-www.apgea.army.mil/ergowg/default.htm>

